The Science and Art of Tooth Whitening

A Peer-Reviewed Publication
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Educational Objectives

This course is intended to provide the dental professional with information on tooth whitening and current treatment options. At the end of this course, the dental professional will be able to do the following:

1. Know the types of staining that occur and the reasons for their occurrence, and be able to explain the differences between extrinsic and intrinsic staining
2. Understand the mechanism by which whitening agents work, as well as their safety and efficacy profiles
3. Know the common side effects that can occur as a result of tooth whitening
4. Know options available for management of potential side effects

Abstract

Tooth whitening removes intrinsic and extrinsic staining. Many tooth-whitening options are currently available, including in-office treatments and home-use products that can be office-dispensed or purchased over the counter. Each type of treatment has its own advantages and disadvantages. Management of potential side effects such as tooth sensitivity and gingival irritation must be considered and managed if necessary. Tooth whitening is safe, effective and desired by patients in our esthetically conscious society.

Introduction

Early modern attempts at tooth whitening occurred several decades ago with the introduction of hydrogen peroxide and abrasives in oral care products. In Roman times, the ancient Gauls, as well as other peoples, used urine (which contains urea) as a mouthrinse to whiten teeth. Modern tooth-whitening products include in-office and home-use whitening treatments. In addition, many dentifrices are available offering moderate extrinsic whitening benefits. Mouthrinses and dentifrices containing hydrogen peroxide are also available, albeit at low concentrations and in contact with the teeth for only a brief period of time. Tooth whitening is popular in our esthetically conscious society to treat extrinsic and intrinsic staining, and has been found to be safe and effective. Patients may perceive their total treatment as more successful if they receive esthetic tooth-whitening treatment in addition to other treatments, such as orthodontics, that can result in esthetic improvements. Understanding the available options is important for patient education and recommendations regarding whitening procedures. Key differentiators in determining the type and length of treatment that will likely be required include the type and severity of the stain present on/in the teeth and the individual patient’s expectations and anticipated adherence to a whitening protocol.

Tooth Whitening and Extrinsic Staining

Non-developmental extrinsic stains on the surfaces of the teeth are due to factors such as tobacco use; drinking coffee, tea and red wine; and eating spicy foods. Regular brushing with a dentifrice containing a mild abrasive helps remove stain on a daily basis. Tooth-whitening dentifrices typically contain fine, rounded abrasives and have a relative dentin abrasivity (RDA) level that can be above the RDA of non-whitening dentifrices. Some brands of whitening toothpastes are in fact less abrasive than conventional toothpastes. Whitening dentifrices gently remove superficial stains and smooth out the microscopic defects that alter light properties at the tooth surface and can result in a darker appearance. Dentifrice containing amorphous calcium phosphate (ACP) also has a whitening effect; it fills in the microscopic surface irregularities so that, as with the removal of surface irregularities, the teeth appear whiter. Recently, a silica-containing dentifrice with blue covarine has been studied and found to reduce tooth yellowness and increase whiteness immediately after brushing with it, and to effectively remove extrinsic stain. In addition, the tooth-whitening agents discussed below for the removal of intrinsic stain will simultaneously remove extrinsic staining.

Table 1. Extrinsic staining and treatment

<table>
<thead>
<tr>
<th>Whitening dentifrices</th>
<th>Stain removal with fine, round abrasives</th>
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<tbody>
<tr>
<td></td>
<td>Smoothing of superficial enamel defects</td>
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<tr>
<td></td>
<td>ACP filler of superficial defects</td>
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<tr>
<td></td>
<td>Silica-containing with covarine blue</td>
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<tr>
<td></td>
<td>(study)</td>
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<tr>
<td>Carbamide peroxide/</td>
<td>Whitening effect; bleaching of extrinsic</td>
</tr>
<tr>
<td>Hydrogen peroxide</td>
<td>stains</td>
</tr>
</tbody>
</table>

Tooth Whitening and Intrinsic Staining

Intrinsic stains (dentin staining) may be due to systemic conditions, use of medications after the permanent teeth have erupted (e.g., minocycline) or during their development (tetracycline), childhood diseases, infection or trauma to a primary tooth while the underlying tooth is developing, trauma to a permanent tooth or natural aging changes and the accumulation of stain that has entered the teeth. Each of these presents differently and treatment varies with cause.

Table 2. Types of intrinsic staining

<table>
<thead>
<tr>
<th>Medication use during development of permanent teeth</th>
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<tr>
<td>Medication use following eruption of permanent teeth</td>
</tr>
<tr>
<td>Trauma to primary or permanent teeth</td>
</tr>
<tr>
<td>Abscess in primary tooth affecting underlying permanent tooth</td>
</tr>
<tr>
<td>Accumulation of stain permeating the teeth</td>
</tr>
<tr>
<td>Aging changes</td>
</tr>
<tr>
<td>Fluorosis/enamel defects</td>
</tr>
</tbody>
</table>
Traumatized Permanent Teeth

Teeth with a history of trauma and endodontic staining can gradually darken. One treatment option for darkened teeth is veneers (in mild cases) or crowns. A less invasive option for teeth that have been endodontically treated is to bleach the tooth using external bleaching, an internal “walking bleach” method, or a combination of the two. When using an internal bleaching method, the gutta percha is removed to the level of the bone past the CEJ and a leakfree coronal seal for the root canal placed. It has been reported that a high concentration of hydrogen peroxide that leaks into the gutta percha can lead to cervical resorption.11 It is recommended that a glass ionomer cement be used and not a composite resin. There is concern that a bonded resin restoration will be difficult to control during placement and that resin will block and seal the dentin tubules and limit the peroxide's action during the bleaching process. Internal bleaching may use hydrogen peroxide or sodium perborate that is retained in the chamber between visits. Custom-designed in-office 35% hydrogen peroxide whitener specifically designed for the “walking bleach” method is available (Opalescence Endo, Ultradent). Internal bleaching has resulted in success rates of up to 90%.11,12,13 An alternative is simultaneously bleaching using a standard 10% carbamide peroxide whitening agent externally in a tray and syringed into the open chamber in the tooth.14 A significant lightening of nonvital teeth has been found using an in-office whitening agent in endodontically-treated teeth, followed by use of externally applied at-home 10% carbamide peroxide.15

Figure 1. Nonvital “walking bleach” technique

Before

After

Trauma/Infection of a Primary Tooth

Infection in, or trauma to, a primary tooth, as well as childhood diseases such as measles, can result in the appearance of a white or mottled area on the permanent tooth. Some success has been achieved with these using a microabrasion/etching technique.

Tetracycline Staining

Tetracycline staining can result in greyish or yellow staining of the permanent dentition, either throughout the tooth or presenting as a band of discoloration, typically although not always in the gingival third of the teeth. Tetracycline stain is the most resistant to tooth whitening and typically requires the longest whitening treatment.19 Effective treatment over a period of one to six months has been reported with use of 10%-20% concentrations of carbamide peroxide. Ninety months post-treatment, whitening of tetracycline-stained teeth was found to be retained and stable.17,18 One study found that high concentrations of enzymes – specifically peroxidase and lactoperoxidase – increased the rate of whitening when used with carbamide peroxide.19

Figure 2. Tetracycline staining

Fluorosis/Enamel Surface Defects

Selective abrasion/microabrasion of superficial enamel defects combined with in-office or home-use whitening agents has also been found to be effective for the esthetic treatment of superficial enamel defects and dental fluorosis.20,21

Figure 3. Fluorosis

Aging

Gradual yellowing of the teeth occurs during adulthood as a natural aging process and due to penetration through the
enamel of staining agents such as tobacco and red wine. In geriatric patients, an increased yellowing or greying of the teeth can be observed. This is partially due to internal changes and partially due to surface morphology changes. As the patient ages, the incisal edges wear and become less translucent, the enamel thins, and the dentin thickens, also resulting in a more yellow and a more dense appearance. The severity of such intrinsic staining varies. Staining can be successfully treated with in-office and/or at-home tooth-whitening agents.

The Chemistry of Tooth-Whitening Agents

Tooth-whitening treatments typically contain either carbamide peroxide or hydrogen peroxide. Agents containing enzymatic whiteners have also been introduced. Ultimately, carbamide and hydrogen peroxide work in the same manner. Carbamide peroxide breaks down into hydrogen peroxide and urea intrarally, and the hydrogen peroxide is responsible for the whitening effect. Ten percent carbamide peroxide would break down to 3% hydrogen peroxide and 7% urea. It is understood that the hydrogen peroxide works by diffusion through the enamel and oxidation, breaking bonds in the stain molecules. This results in the stain molecules becoming invisible to the eye, not in their removal from the teeth. Surfactants contained in the whitening agent also help to lift and remove surface extrinsic stains. In-office and home-use treatments have the same chemical mechanism of action; the main difference is the concentration of whitening agent used. In-office treatments are mostly hydrogen-peroxide-based, typically in the 25%–38% concentration range, and take one hour or less, while home-use products are typically 10%–16% and up to 35% carbamide peroxide. Home-use, low-level hydrogen peroxide whiteners are also available. The speed of whitening is in general related to the concentration and duration of treatment. Tooth-whitening treatments for maintenance of the whitening effect can be provided to counteract recurrence of staining over time.

In-office Treatments

In-office treatments typically use a higher concentration of hydrogen peroxide for a more rapid effect, and can achieve substantial whitening in 30 to 60 minutes. Some in-office treatments utilize a whitening light, with the objective of speeding up the whitening process. The use of a light is controversial, with some studies finding that it increases the effectiveness and speed of the procedure and other studies finding that it has no visible effect. Based upon the evidence to date, use of light enhancement may be optional. Laser tooth whitening has also been studied for speed and evidence to date use of light enhancement may be optional. In-office, high-concentration whitening systems usually require the use of a rubber dam – or isolation dam – to protect the gingiva during whitening. Poor attention to placement of the rubber dam or isolation material can result in gingival irritation, burning and sloughing. In-office or office-dispensed whitening treatments ensure that the patient is provided with whitening for which he or she is a suitable candidate, and that the treatment is supervised (provided the patient returns for reevaluation). It also provides an opportunity to help prevent and treat transient sensitivity that can be associated with whitening treatments. Even though the research is not definitive on the use of light enhanced bleaching, the patient expects its use. If the light is not used, the patient will wonder if he or she is getting the proper care. Many look upon light enhanced bleaching as being important for patient satisfaction and marketing.

### Table 3. Treatment options

<table>
<thead>
<tr>
<th>In-office</th>
<th>High concentration; up to 38% hydrogen peroxide</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>High concentration; up to 35% hydrogen peroxide with light or laser</td>
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<tr>
<td></td>
<td>Laser</td>
</tr>
<tr>
<td>Home-use</td>
<td></td>
</tr>
<tr>
<td>Office-dispensed</td>
<td>Custom tray plus up to 35% carbamide peroxide</td>
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<tr>
<td></td>
<td>Standard tray plus up to 35% carbamide peroxide</td>
</tr>
<tr>
<td></td>
<td>Disposable, single-use tray plus carbamide peroxide</td>
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<tr>
<td>Over-the-counter</td>
<td>Standard tray plus carbamide peroxide</td>
</tr>
<tr>
<td></td>
<td>Strips with carbamide peroxide</td>
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<td></td>
<td>Paint-on whitening agent</td>
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</tbody>
</table>

Home-use Treatments

Home-use whitening treatments contain carbamide peroxide or hydrogen peroxide at a lower concentration than in-office whitening treatments. The results achieved are equal to those obtained with in-office treatments, although they take longer to achieve. Office-dispensed whitening agents are available that use custom-fabricated trays, standard trays or preloaded disposable trays.

Custom-fabricated trays are usually made with a thermoplastic material and are vacu-formed. These are molded over a model of the patient’s dentition, with or without a spacer between the model and the tray. Using a spacer creates a reservoir for the whitening agent and results in less gel leakage from the tray during use. The tray is trimmed such that it covers the teeth for maximum contact of the whitening agent without impinging on the gingiva, and is either scalloped to mimic the gingival form or covers the gingiva. The comfort and success of these trays depends on a good impression and the fabrication technique. Advantages of custom trays are the intimate fit to the patient’s arch and the limited amount
of gel that can leak out. Disadvantages include the labora-
tory/fabrication process, the need for the patient to dose the
whitening agent correctly into the tray and the increased cost
associated with fabrication of the tray. Standard whitening
trays avoid the need for custom fabrication, thereby reducing
cost and removing technique sensitivity as a factor. They are
available in standard sizes and shapes only. The third option
is disposable single-use trays. In addition to having no need
for a laboratory process or technique-sensitive process, and
being cost-effective, they are flexible, available in several sizes
and easy to insert. Disposable whitening trays are available
in several sizes. Single-use trays are convenient, preclude the
need for tray cleaning or storing, tray loss by the patient is
not a factor and they reduce the risk of cross-contamination.
Preloaded disposable trays are already dosed with the whiten-
ing agent, removing the need for the patient to dispense the
agent into the tray.

Figure 4. Home-use whitening products

Home-use, over-the-counter (OTC) whitening agents in-
clude whitening systems in trays, as strips and as paint-on
whitening agents that do not require use of either trays or
strips. One very important aspect of OTC whitening prod-
ucts is that the patient does not have a diagnosis for his or her
tooth discoloration. Discoloration due to endodontic stain-
ing, caries, tetracycline staining or moderate fluorosis is not
amenable to OTC whitening treatments. A disadvantage
of whitening strips is that they typically extend over the six
anterior teeth. Since they only partially cover the arch, only
those teeth in contact with the strip will have the potential
for whitening. Strips have been demonstrated to be effective
in whitening.32 Strip whitening systems should not be used
for patients with anterior teeth that are misaligned because
the strip needs to be in contact with the teeth. Home-use
whiteners are effective to varying degrees, and depend on
adherence to the instructions for use. However, it is difficult
to monitor patients while these are working, and to prevent
potential problems from arising. Their unsupervised selec-
tion and purchase can result in inappropriate use, with poor
results or an increased risk of sequelae such as sensitivity. In
addition, since these products are over-the-counter, the in-
dividual user may or may not have had an oral examination
prior to using the whitener, or have received any required
pretreatment (such as restoration of carious lesions). OTC
agents offer whitening at a lower cost, and can be useful if
used as recommended after consultation with a dentist and
as a maintenance tooth whitener.

Bleaching Relapse
Bleaching relapse has been reported. With in-office bleach-
ing, Clinical Research Associates reported relapse of 41%
at 1 year.33 For tray bleaching Haywood reports 26% at 18
months.34 Bleaching can be maintained through the use of
whitening toothpastes and bleaching toothpastes with yearly
touch-up bleaching using a peroxide bleaching agent in the
patient’s custom fitted tray.

Potential Side Effects
Gingival irritation and tooth sensitivity can occur with
the use of whitening treatments. Studies show that higher
concentrations of carbamide peroxide (or hydrogen perox-
ide) are associated with an increased incidence of gingival
irritation and tooth sensitivity.35 It is important to note that
patients should not start a whitening regimen if they have
preexisting gingival irritations or gingivitis, but should
wait until these have resolved. If a patient does experience
gingival irritation, burning or sloughing during whitening,
he or she should discontinue whitening until the problem
has resolved. The tray, amount of whitening agent and other
factors should be discussed with the patient and a determi-
nation made on whether to resume or modify treatment.

Tooth sensitivity is the most common side effect associ-
ated with tooth whitening.36 It is believed that this is associ-
ated with dehydration,37 though the removal of the smear
layer and dentinal plugs by hydrogen peroxide may also
play a role – this would result in fluid flow in the dentinal
tubes in response to stimuli such as hot or cold foods and
drinks (Brännström’s Theory). With respect to in-office
power bleaching, it has been observed that use of a diode
laser rather than a light results in reduced tooth sensitiv-
ity and gingival irritation.38 Tooth sensitivity with in-office
whitening is patient and product dependent.

Preventing Sensitivity During Tooth Whitening
Tooth sensitivity during bleaching has been the highest
reported adverse reaction. In clinical research studies, tooth
sensitivity during bleaching either with at-home tray delivery
or in-office procedures has been reported in 18%-78% of patients. Some clinicians believed that this transient sensitivity was due to gingival recession. It has been shown that gingival recession is not a factor in the occurrence of tooth hypersensitivity when bleaching. There was no significant difference in reported sensitivity while bleaching based upon the presence or absence of gingival recession. Use of a lower concentration of carbamide/hydrogen peroxide can help reduce or prevent sensitivity, as may less frequent application (for instance, once versus twice daily, or every other day) and/or shorter applications. These options, however, result in slower tooth whitening and may therefore be unacceptable to some patients. Potassium nitrate and fluorides have been used as stand-alone agents, together and combined into whitening agents to reduce sensitivity. The use of fluoride may also result in increased microhardness and remineralization.

Use of Potassium Nitrate

Potassium nitrate in whitening agents works as it does in desensitizing dentifrices, i.e., by blocking the nerve transmission to the brain following stimulus of the dentinal flow and thereby preventing pain. Stand-alone 5% potassium nitrate gel and 1,000 ppm sodium fluoride has been used successfully in trays for 10 minutes before or up to 30 minutes before and after whitening to reduce sensitivity. A desensitizer formulated for use during whitening treatments, containing 3% potassium nitrate and 0.11% wt. sodium fluoride (UltraEZ, Ultradent), has been found to effectively reduce sensitivity when used in the regimen. Tooth sensitivity was experienced for at least one day in 41% of the group using the desensitizer, compared to a significantly higher 78% of the group using a placebo. Whitening formulations that incorporate potassium nitrate and fluoride have been found to effectively reduce sensitivity (Opalescence PF, Ultradent; NiteWhite ACP, Discus Dental).

Figure 5. Whitening products containing desensitizers

Potassium nitrate, fluoride

Use of Fluoride

High-level fluorides used as stand-alone treatments help prevent and reduce sensitivity during whitening. Neutral sodium fluoride varnish (5% sodium fluoride) reduces sensitivity. A dentifrice of 5,000 ppm (1.1%) prescription-level sodium fluoride has also been used and has been reported to be effective. Use of 1.23% sodium fluoride gel in a tray after each whitening treatment can reduce the intensity of tooth sensitivity without affecting the effectiveness of whitening using 16% carbamide peroxide. Stand-alone, syringe-delivery fluoride for use during whitening treatment is available (Flor-Opal, Ultradent), as well as office-dispensed carbamide peroxide with fluoride (NUPRO White Gold, Dentsply).

Fluoride in bleaching agents has been investigated for its influence on enamel surface properties. In vitro studies have found that enamel microhardness is significantly reduced during whitening treatments. It should be noted that the use of human rather than artificial saliva in in vitro testing reduces the risk of reduction in enamel microhardness.

One study found that 10% carbamide peroxide resulted in a microhardness comparable to that of unbleached samples when used in situ, and higher than that of samples bleached in vitro. Surface morphology changes and calcium loss were also higher in vitro. The investigators concluded that saliva may prevent demineralization by a whitening gel. Nonetheless, there is concern regarding the potential for whitening treatment to result in diminished enamel microhardness or demineralization.

The use of high-level fluoride varnish in whitened samples has been found to result in remineralization. Fluoride incorporated into 10% carbamide peroxide whitening agents has been found to result in less demineralization and to inhibit reductions in microhardness while having no influence on whitening, and to accelerate remineralization and recovery of enamel microhardness.

Calcium peroxide and carbamide peroxide in combination have been found to recalcify incipient lesions and increase surface microhardness while simultaneously whitening teeth.

Use of Amorphous Calcium Phosphate

Amorphous calcium phosphate (ACP) may play a role in preventing tooth sensitivity. The addition of ACP into peroxide bleaching gels has been shown to decrease reported patient sensitivity.

Table 4. Potential side effects and treatment options

<table>
<thead>
<tr>
<th>Tooth sensitivity</th>
<th>Treatment Options</th>
</tr>
</thead>
<tbody>
<tr>
<td>Fluride and/or potassium nitrate as stand-alone desensitizer</td>
<td></td>
</tr>
<tr>
<td>Fluoride incorporated into whitening agent</td>
<td></td>
</tr>
<tr>
<td>Fluoride and potassium nitrate in whitening agent</td>
<td></td>
</tr>
<tr>
<td>Amorphous calcium phosphate in whitening agent</td>
<td></td>
</tr>
<tr>
<td>Gingival irritation</td>
<td>Temporarily cease treatment until resolves</td>
</tr>
<tr>
<td>Decreased microhardness</td>
<td>Stand-alone fluoride</td>
</tr>
<tr>
<td>Fluoride incorporated into whitening agent</td>
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</tbody>
</table>
Staining Susceptibility
There has also been concern that bleached enamel may be more susceptible to staining following treatment than before treatment. One study concluded that red wine staining susceptibility and uptake increased following 35% hydrogen peroxide bleaching, and another found increased enamel permeability following use of 35% hydrogen peroxide, regardless of whether light- or laser-activated tooth-whitening was provided.61,62 Another study, however, used quantitative light-induced fluorescence and found that bleached enamel was not at increased risk for staining.63

The Role of the Hygienist
The dental hygienist is in an ideal position to advise patients on tooth whitening and care during hygiene appointments. Treatment options can be discussed with the patient such that patients are aware and pre-educated on what tooth whitening could do for them, before they see the dentist. Some patients will find rapid in-office whitening most acceptable, while other patients may prefer home-use products that are slower but less expensive, or else use of strips. These are all areas that the dental hygienist can explore with the patient, so that the dentist can immediately discuss the proposed treatment with the patient. It is often the expanded-function dental hygienist who will take the impression and make the trays for the patient if a fabricated tray is needed, and who will discuss the treatment regimen and follow-up with the patient. Furthermore, if desensitization or fluoride is required, the dental hygienist would provide this therapy. The dentist and dental hygienist can thus work together as a coordinated team, preparing the patient prior to tooth whitening and monitoring the patient during treatment.

Case Studies
Case Study: At-home Whitening
A thirty-five year old woman presented for tooth whitening. She had tried an OTC strip system and had tooth sensitivity, and had been disappointed with the results. The diagnosis was tooth yellowing due to her habit of iced tea ingestion (Figure 6). Impressions were made and casts poured with a fast setting dental stone (QuickStone, Whip Mix) so that bleaching trays could be fabricated during the same visit. The casts were trimmed to a horseshoe design with no palate or tongue space and the land area completely removed. This extreme cast trim allows for close fitting of the bleaching tray during the vacuum forming process. As recommended by the manufacturer, a light cured spacer was placed on the facial surfaces of the teeth to be bleached. A soft, vinyl bleaching tray was fabricated using a vacuum forming machine (UltraVac, Ultradent). The bleaching trays were trimmed with a scalloped design following the heights of the free gingival margin (Figure 8). For this case and based upon the patient’s past history of sensitivity while bleaching, a 15% carbamide peroxide with fluoride and potassium nitrate for desensitizing during bleaching was used (Opalescence PF).

The bleaching kit was dispensed and the use of the bleaching trays and filling of the bleaching trays was demonstrated to the patient. The patient was instructed to wear the bleaching trays at night for 2 weeks. After two weeks the patient returned and was pleased with the result (Figure 8).

Case Study: In-office Whitening
Some patients do not want the responsibility of using a tray for two weeks. For these patients in-office whitening is the perfect solution. In recent years, for maximum whitening, manufacturers have recommended one visit in-office and one week tray whitening. A patient presented for in-office whitening (Figure 9). Her past history was that she had received whitening trays but never followed through with at-home treatment. Still desiring tooth whitening, a one-visit, one-hour whitening appointment was set up. For the treatment visit, her teeth were cleaned and the gingival tissues of the teeth to be whitened were protected with the placement of a resin-based light cured barrier (OpalDam, Ultradent). A 38% hydrogen peroxide with potassium nitrate and fluoride, chemically activated whitening gel was selected.
(Opalescence Xtra Boost PF, Ultradent). No light is needed for whitening with this, and its distinct red color aids in proper placement and allows for visualization of its complete removal after rinsing. Also, unlike premixed high concentration in-office bleaching gels, the syringe-to-syringe mixing guarantees chemical stability and full strength for each office visit use. Once mixed the whitening gel was applied to the teeth, agitating the gel with a brush for 5 minutes on the teeth (Figure 10). After 10-15 minutes the gel was removed by placing the high velocity suction tip and sucking the gel from the teeth. With the gel removed, the teeth were rinsed with an air-water spray. The teeth were dried and the whitening gel was reapplied 3 times. For some patients this treatment can be repeated three to five days later. The bleach should be refrigerated between visits. After in-office whitening the patient was pleased with the result (Figure 11).

Summary
Tooth whitening is valued by patients as a desirable esthetic treatment. Many treatment options are available for tooth whitening. It is important that the patient understand these options and be educated on the best treatment for his or her situation. Tooth whitening has proven to be safe and effective. The most common side effect is transient tooth sensitivity during the whitening process. With the introduction of whitening agents containing fluoride and/or potassium nitrate, tooth sensitivity has become more manageable.

References
1. The ancient Gauls used ____________ to whiten their teeth.
   a. hydrogen peroxide
   b. sea water
   c. urine
   d. none of the above

2. Patients may perceive their total treatment as more successful if they receive esthetic tooth-whitening treatments in addition to other treatment.
   a. True
   b. False

3. A key differentiator in determining the type and the length of treatment for whitening is ____________.
   a. the type and severity of staining
   b. the individual patient’s expectations
   c. the patient’s anticipated adherence to the whitening protocol
   d. all of the above

4. Extrinsic staining can be caused by ____________.
   a. tobacco use
   b. drinking coffee, tea or wine
   c. eating spicy foods
   d. all of the above

5. Extrinsic stain can be removed by ____________.
   a. whitening dentifrices containing fine, rounded abrasives
   b. dentifrice containing amorphous calcium phosphate
   c. whitening agents containing hydrogen peroxide and carbamide peroxide
   d. all of the above

6. Intrinsinc stains can be due to ____________.
   a. medication use before or after permanent teeth erupted
   b. trauma to a primary or permanent tooth
   c. natural aging changes
   d. all of the above

7. Discolored root canal–treated teeth can only be treated by veneers or crowns.
   a. True
   b. False

8. Whitening dentifrices can successfully whiten ____________. 
   a. all stained teeth
   b. tetracycline-stained teeth
   c. teeth with mild fluorosis or similar mottled areas
   d. none of the above

9. Tetracycline stain is resistant to whitening and always requires an extended whitening treatment of at least one year.
   a. True
   b. False

10. High concentrations of peroxidase or lactoperoxidase have been found to increase the rate of whitening when used with carbamide peroxide.
    a. True
    b. False

11. The gradual yellowing appearance of teeth during adulthood ____________.
    a. occurs as a natural aging process
    b. is due to penetration through the enamel of staining agents
    c. is partially due to internal changes and surface morphology changes
    d. all of the above

12. Tooth-whitening treatments typically contain ____________.
    a. hydrogen peroxide
    b. carbamide peroxide
    c. enzymes
    d. a and b

13. Hydrogen peroxide breaks down to carbamide peroxide and urea.
    a. True
    b. False

14. Tooth-whitening treatments work by ____________.
    a. diffusing through the enamel
    b. breaking bonds in the stain molecules
    c. helping to lift and remove extrinsic surface stains
    d. all of the above

15. In-office whitening agents containing up to 38% hydrogen peroxide are available.
    a. True
    b. False

16. Home-use whitening agents always contain less than 10% carbamide peroxide.
    a. True
    b. False

17. The speed of whitening is generally related to ____________.
    a. the concentration of the peroxide
    b. the duration of treatment
    c. the outside temperature
    d. a and b

18. Patients can expect use of a light during in-office whitening.
    a. True
    b. False

19. In-office or office-dispensed whitening treatments ____________.
    a. ensure that the patient is being provided with whitening for which he/she is a suitable candidate
    b. enable supervision of whitening treatment
    c. provide an opportunity to help prevent and treat transient sensitivity if this occurs
    d. all of the above

20. Home-use whitening treatments take longer to achieve the same results as in-office treatments.
    a. True
    b. False

21. Home-use and OTC whitening treatments are available using ____________.
    a. trays
    b. strips
    c. paint-on liquids
    d. all of the above

22. An advantage of a custom tray is ____________.
    a. the intimate fit to the patient’s arch
    b. the ability to limit gel leakage
    c. the cost
    d. a and b

23. An advantage of a single-use, pre-loaded whitening tray is that ____________.
    a. no laboratory procedure is required
    b. the amount of gel in the tray is standardized
    c. there is reduced risk of cross-contamination
    d. all of the above

24. A side effect that may occur during whitening treatment is ____________.
    a. tooth sensitivity
    b. gingival irritation
    c. a reduction in microhardness
    d. all of the above

25. Tooth sensitivity during tooth whitening ____________.
    a. is transient
    b. is the most common side effect
    c. can be reduced using a lower percentage of hydrogen or carbamide peroxide
    d. all of the above

26. Potassium nitrate and fluorides have been used as stand-alone agents, together, and combined into whitening agents to reduce sensitivity associated with whitening treatment.
    a. True
    b. False

27. Fluoride incorporated into the gel for whitening treatments has been found to result in ____________.
    a. less demineralization
    b. inhibition of microhardness reduction
    c. accelerated remineralization
    d. all of the above

28. Calcium peroxide and carbamide peroxide in combination have been found to recalcify incipient lesions and increase surface microhardness, while simultaneously whitening teeth.
    a. True
    b. False

29. There are conflicting results on whether bleached enamel is more susceptible to staining.
    a. True
    b. False

30. The dentist and dental hygienist can work together as a coordinated team, preparing the patient prior to tooth whitening and during the patient’s tooth-whitening treatment.
    a. True
    b. False
Requirements for successful completion of the course and to obtain dental continuing education credits: 1) Read the entire course. 2) Complete all information above. 3) Complete answer sheets in either pen or pencil. 4) Mark only one answer for each question. 5) A score of 70% on this test will earn you 4 CE credits. 6) Complete the Course Evaluation below. 7) Make check payable to PennWell Corp.

Educational Objectives
1. Know the types of staining that occur and the reasons for their occurrence, and be able to explain the differences between extrinsic and intrinsic staining.
2. Understand the mechanism by which whitening agents work, as well as their safety and efficacy profiles.
3. Know the common side effects that can occur as a result of tooth whitening.
4. Know options available for management of potential side effects.

Course Evaluation
Please evaluate this course by responding to the following statements, using a scale of Excellent = 5 to Poor = 0.

| Objective #1: Were the individual course objectives met? | Objective #2: To what extent were the course objectives accomplished overall? | Objective #3: Know the types of staining that occur and the reasons for their occurrence, and be able to explain the differences between extrinsic and intrinsic staining. | Objective #4: Understand the mechanism by which whitening agents work, as well as their safety and efficacy profiles. | Objective #5: Know the common side effects that can occur as a result of tooth whitening. | Objective #6: Know options available for management of potential side effects. |
|---------------------------------------------------------|----------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------|
| Yes | No | 5 | 4 | 3 | 2 | 1 | 0 | Yes | No | 5 | 4 | 3 | 2 | 1 | 0 | Yes | No | 5 | 4 | 3 | 2 | 1 | 0 | Yes | No | 5 | 4 | 3 | 2 | 1 | 0 | Yes | No | 5 | 4 | 3 | 2 | 1 | 0 | Yes | No | 5 | 4 | 3 | 2 | 1 | 0 |

Mail completed answer sheet to

Academy of Dental Therapeutics and Stomatostomy, A Division of PennWell Corp.  
P.O. Box 116, Chesterland, OH 44026  or fax to: (440) 845-3447

For IMMEDIATE results, go to www.ineedce.com to take tests online. Answer sheets can be faxed with credit card payment to (440) 845-3447, (216) 398-7922, or (216) 255-6619.

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PLEASE ANSWER SHEET FOR ADDITIONAL PARTICIPANTS.